

My Drug and Supplement Diary



In order for medications to work properly they must be taken correctly. Many things can affect how medications work:

Diet — some foods affect the effectiveness of medicine.

Lifestyle — standing up or lying down and even when a medicine is taken may be important.

Other medications — Drug-to-drug interactions are a concern. Some interactions may cause serious medical conditions.

Make sure that your doctor knows exactly what drug you are taking. Include medicines you buy without a prescription and any dietary supplements such as vitamins, minerals and herbals. Use the form on the reverse side to write down what medications you are taking, the dosage and when you take it. Be sure to keep this record up-to-date, and to keep a copy with you at all times, as well as a copy at home.

By providing your doctor with this completed record during each of your appointments, you are ensuring that they are able to properly prescribe medications for you.

Your Name

Address

Phone Number

Doctor's Name

Doctor's Phone Number

My Current Medications & Supplements

Name of Drug _____
Dose _____ When Taken _____

Name of Drug _____
Dose _____ When Taken _____

Name of Drug _____
Dose _____ When Taken _____

Name of Drug _____
Dose _____ When Taken _____

Name of Drug _____
Dose _____ When Taken _____

Name of Drug _____
Dose _____ When Taken _____

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Dose _____ When Taken _____

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Name of Drug _____
Dose _____ When Taken _____

Name of Drug _____
Dose _____ When Taken _____



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